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Prasadam will be served

Step 1 Log on to www.mydkindia.org & Register with all your details

Step 2 Upon registration, you will be added to MDYK WhatsApp group to stay tuned for Event Updates

Step 3 Book your accommodation from the listed ashrams/hotels

DONATIONS ARE ACCEPTED

Dhyan Jagat Projects U/O PMC SAFDARJUNG ENCLAVE - DEERPARK

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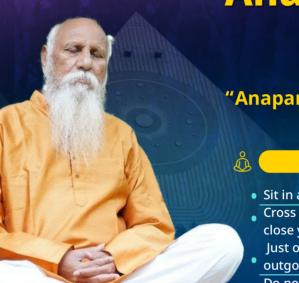
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Dhyan Hai Aasan Anapanasati Meditation



'Ana' means 'In-Breath' 'Apana' means 'Out-Breath' 'Sati' means 'To Be With'

"Anapanasati Meditation" is effortful, joyful oneness with the breath.

Procedure





- Cross your fingers, legs and close your eyes
- Just observe the incoming and outgoing breath
- Do not chase your thoughts and
- come back to your breath!
- It can be done Anytime! , Anywhere! It should be done as per one's age.. in terms of so many minutes.. e.g. 20 years, 20 mins.

Benefits

- Diseases get healed speedily
- Memory-power becomes increased
- Wasteful habits die a natural death
- Mind stays in a peaceful and joyful state
- Work gets done with greater efficiency
- Sleep-time requirements get reduced • Relationships become more qualitative
- Will-power gets tremendously increased
- Ability to discern right/wrong gets sharpened
- Purpose of life is thoroughly understood



PSSM's TV Channel Pyramid Meditation Channel Hindi Available on these cable operators















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